

1 ABSTRACT OF THE DISCLOSURE

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3 A belt is provided with an inflatable bladder which,
4 when inflated, is permitted to expand toward an interior of
5 the belt and prevented by a barrier from expanding toward
6 an exterior of the belt. A pressure gauge indicates the
7 pressure within the bladder, and the gauge is fixedly
8 displaced relative to the belt and the user such that the
9 gauge may be viewed by a user when the belt is worn without
10 significantly moving the cervical spine substantially out
11 of a neutral posture.